



VARIOUS DESIGNS FOR THE GOWNS THAT WILL BE WORN IN THE NEXT SEASON.

THE BASQUE THAT WILL BE WORN IN THE FALL.

and the wedding a "crush." All these smaller cards are similar in color and print to the invitation.

Among the wedding gifts especially favored by brides this year are the pretty silver ramekin sets. These are ornamental, exceedingly convenient, and as yet uncompanient, three polus much in their favor.

exceedingly convenient, and as yet uncommon, three points much in their favor. Each ramekin, with its little fluted cover, is a perfect silver saucepan, and it is the fashion to serve entrees, desserts and some kinds of fish directly from them. A ring, in which to fit each tiny pipkin, is provided, and the set of a dozen can be readily brought to the table without any dauger of being misplaced by even a careless servant.

COMMANDMENTS OF HEALTH.

SEPTEMBER WEDDINGS.

What is Modish and Correct in Stationers of the Stationers of t

HOW TO KEEP COOL.

Good Health and Comfort Results of Common Sense.

Don't eat much meat.
Don't fret about the weather.
Don't walk square after square looking or thermometers to see how hot it is in the boiling sun.

Don't think about the heat.

Don't drink impure or sour milk.

worry, experiment with mixed drinks that are calculated to upset your stomach.

Don't indulge in alcoholic drinks. Drink
plenty of lemonade, leed tea and the like.

Don't wear heavy clothing, especially

woodens.

Don't neglect to bathe freely. A cold bath every morning is the thing.

Don't overwork yourself.

Don't walk in the sun, and don't walk

Don't walk in the sun, and don't walk too lively on an oppressively hot day.

Don't let your temper get the better of you and overturn your system.

Don't allow yourself to become excited.

Don't drink too much ice water in the heat of the day.

Don't exasperate your neighbor by asking: "Is it hot enough for you?"

Don't run for a street car as though it were the only car on the line.

Don't sit in a heavy draft to cool off while your body is wet with perspiration.

HOUSEHOLD HINTS.

Things Worth the Attention of the Housekeeper.

A cooking teacher says if preserve cans and jelly-glasses are to be used again no soap nor soda should be employed in their cleansing. Wash very thoroughly in clear water, dry carefully, and dust with sulphur, afterwards wiping all traces of this away.

When a skirt is old and limp, a simple expedient will give it a new lease of life. Brush the material well and remove any spots. Sponge the liming with hot water, starch and from it. The result will prove

slowly enough to form a good smudge. The doors of closets and the bureau drawers should be opened if one fears that the moth-millers have found their way in.

No cooking utensil should require, if properly handled, the vigorous scraping to which it is often subjected. Very few of our modern dishes can long stand such usage. Many clinging substances may be removed if hot water is poured into the vessel and it is placed over the fire for a few moments. Many good and neat cooks never wash cake or bread tins. They are carefully wiped out with clean, brown paper, some blunt instrument being first used to get off any remaining particles of the compound baked in them.

With clean pleces of carpet. It is only necessary after this treatment to give another coating the floor, soft slippers should be worn to prove the floor, soft slippers should be worn to prevent unsightly scratches.

It is but little trouble to oil a floor, if it be properly done, and it will preserve the color of the wood. Boiled linseed oil, the same as used for plazza floors, is best, but not as much of the oil is required, and it is combined with one-third turpentine. The mixture can be kept hot in a dish of hot water and away from the fire on account of the turpentine. The first application can be of the clear oil if it is thought best with a new floor to have it saturated. The oil

"Worried to death" is the verdict rendered in the case of a New York woman who was found dead on the floor of her apartment recently. Thousands of women are dying daily from the same cause. Why? Because they understand the nature of worry so little that a majority count it a virtue. "I am just worried to death about the children-they do not eat; they do not study; they are going wrong." "I am worried to death about the servants-such shirks! So extravagant! So incompetent!" That is the cry of mothers and housewives everywhere. And the world listens approvagly, believing it is a necessary evil that women-good women-should worry. But what is worry on a clear analysis? It is, in the beginning, failure to discern the important things of life; next, failure to know how many of the important things, under the conditions of a particular lot in life, are possible; and, finally, failure to concentrate upon the doing of these important possible tasks.

Try this plan for a while as a worry cure

possible; and, linarly, failure to concentrate upon the doing of these important possible tasks.

Try this plan for a while as a worry cure, suggests a writer in Harper's Bazar. Immediately on rising go off by yourself—absolutely alone—for fifteen minutes. Collect your thoughts and make a forecast of the day ahead of you. Having determined to the best of your ability what must be done, what can be done that day, proceed to your work—resolved, however, that you will do one thing at a time, and do it with all your might. When cares press thick and fast, and you catch yourself doing everything with the distracting thought that you ought to be doing something else, stop right where you are. This is worry come upon you. To face about and say to worry, "Oh, you monster! I know you," is winning half the battle. The rest depends on how faithfully you follow the simple rule of doing one thing at a time with your whole mind and heart.

HARDWOOD FLOORS.

Useful Suggestions for Their Preparation and Care.

A hardwood floor must be brushed up A hardwood floor must be brushed up daily with a long-hair brush and wired as well with the long-handled mop—the yacht mop, which comes for the purpose. That is for a room in constant use. Where there is little dust the mop will be sufficient. For the room in constant use a weekly treatment with the weighted brush is required to relieb the doors where states are reto polish the floors where spots are re-moved with turpentine or an encaustic, as the floor is waxed or olled. Twice or even once a year will be sufficient to thoroughly clean and polish a floor properly treated

weekly. Floors should always be perfectly clean Floors should always be perfectly clean and smooth for either oiling or waxing, or the result will not be satisfactory. A fine floor needs no preparation, but an open-grained wood requires filling. After dusting and cleaning all spots with turpentine, the wax preparation, which is bought ready prepared, is rubbed over the floor with a flannel cloth, then polished with the weighted brush, and again with a cloth over the brush to give it a fine luster. the brush to give it a fine luster.

It is but little trouble to oil a floor, if it be properly done, and it will preserve the color of the wood. Boiled linseed oil, the same as used for plazza floors, is best, but not as much of the oil is required, and it is combined with one-third turpentine. The mixture can be kept hot in a dish of hot water and away from the fire on account of the turpentine. The first application can be of the clear oil if it is thought best with a new floor to have it saturated. The oil is put on with a brush, and, after standing for an hour or so, tubbed with a woolen cloth, rubbing the way of the grain. It is easier to put the cloth over a weighted brush. The floor is polished in the same manner if the turpentine is used, and in both cases it must be rubbed perfectly smooth, or it will collect dust. The weighted brush used for all polishing costs \$5, but does not wear out in an ordinary lifetime. Other floors, painted, or oilcloths and lineleums, when treated in this way, will wear ruch larger. oleums, when treated in this way, will wear

Girls of To-Day. Girls of to-day, give ear! Never, since time began, Has come to the race of man A year, a day, an hour, So full of promise and power As the time that now is here.

much longer.

Never in all the lands
Was there a power so great
To move the wheels of state,
To lift up body and mind,
To waken the deaf and blind,
As the power that is in your hands,

Here at the gates of gold You stand in the pride of youth, Strong in courage and truth— Stirred by a force kept back Through centuries long and black— Armed with a power threefold,

Maid and mother and wife See your own work is done;
See your own work is done;
Be worthy a noble son.
Help men in the upward way.
Truly a girl to-day
Is the strongest power in life.
—Mrs. Charlotte Perkins Stetson.

THE GAME OF THE HOUR.

Bridge Whist Is the Popular Summer Pastime.

Bridge whist is the game of the hour this summer, says the New York Tribune. There is a perfect furor for this new adaptation of the sedate old game of whist which is now being played by the devotees morning, afternoon and evening at the various watering places. It is claimed for the newcomer that it is quite as scientific as well as far more exciting than its progenitor. And while, of course, it is impossible to give more than the rules of playing in a short article, good regulation whist players will probably find out for themselves the intricate laws which govern the science of the game.

probably find out for themselves the intricate laws which govern the science of the game.

In bridge whist the cards are first dealt to the four who are playing partners, as in whist. The person who has the deal, however, does not turn up the last card as the trump, but has the option of making it anything he chooses.

Of course, in doing this the counting must be considered. If hearts are chosen, every extra trick over the book counts eight, diamonds six, clubs four, spades two, and the highest count of all is made if the dealer wins the tricks, after having decided to make it "no trumps," that is, each suit winning or losing on its own merits. This counts twelve. The game is won by the first couple scoring thirty points—and the rubber, as in whist, consists of the best two out of three games—the winner of the rubber being credited with 100 points above his score, the counting being according to the score at the end, when the "extras" held by each player during the game are also counted. These consist of "honors," "chicane" and "grand and little salm." The honors are the face cards of trumps, and the ten spot, and count by the side having the majority being credited with twice the value of a trick. For instance, if hearts are trumps, the credit is sixteen—four honors count four times the value of a trick. Chincane is where no trumps are held by one of the players. This at the final reckoning costs the opponent pair the value of half the honors held by them for that hand. Grand salm is when all tricks are taken by one side; this counts forty. And little salm is when all tricks are taken, except one, twenty being the advantage in count.

If the dealer has not sufficient good cards to make trumps of any suit he turns the

If the dealer has not sufficient good cards to make trumps of any suit, he turns the privilege over to his partner, it being generally understood that if the dealer cannot make it red he gives his partner the choice, who, unless he has an exceptionally good hand of red, makes it black, as in that case the loss will not be so great if the other side wins. It is obligatory for the dealer or his partner to declare the trumps.

After the question of trumps (or no trumps) has been decided, the person on the left of the dealer has the right of doubling. This, of course, he will only do if he thinks he can score on his adversary. If his hand is not sufficiently good to take the risk, he says to his partner, "May I play?" an expression which gives the latter the opportunity of doubling it in case his cards warrant it. This point being settled, the game begins. After the player on the left of the dealer has laid down his card the partner of the latter, who is called "dummy," places his cards face upward on the table and retires from the game until the hand is played out, the dealer playing his partner's turn and having the entire responsibility. The game then proceeds as in ordinary whist, the counting, however, being as has already been stated. This making a dummy is a feature of bridge whist and constitutes the radical difference between it and regular whist, and it will be easily seen by experienced whist players that the cards being laid face upward for all to see would call for a new adjustment of the unwritten laws that govern good whist playing.

Long Skirt Condemned. ount. If the dealer has not sufficient good cards

The Perfect Arm.

The upper arm of the perfectly formed woman should end at the waist line, so that she can rest her elbow on a table while standing erect, and her forearm should extend to a point just below the middle off the thigh. Her neck should be of the same circumference.

A plumb line dropped from a point marked by the tip of her new will fall at a point one inch in front of her great toe. Her shoulders and her hips will make a straight line drawn up and down. Her waist will taper gradually to 28 inches, her hips will measure from 6 to 10 inches more than this, and her waist will call for a belt from 22 to 28 inches, if her height be from 5 feet 3 to 5 feet 7 inches, says a writer in "Woman's Life." She should measure from the waist to her feet about a foot more than from the waist to the crown of her head, and her shoes should show a number half that of her glove. A "No. 6 hand," for instance, should be accompanied by a No. 3 shee. Her weight, for the height given, should be from 123 to 140 pounds.

minutes, and then begin slowly to eat, chewing thoroughly. In a little while the vigor of the stomach will come back, and all will be well.

If this course were followed there would not be one case of dyspepsia where now there are a dozen.

Sun and Air Baths.

"A sun bath is always beneficial when the heat is not too extreme. Nature certainly intended that our skin should be brought into more frequent contact with the air than our clothing permits. This unnatural covering is a prime cause of disease in kidneys and lungs that are compelled to do double duty.

"Every person would be healthfer if be could or would, since he generally could, pass ten or fifteen minutes every day in absolute nudity in a room thoroughly aired, with open windows. Following this the hody should be briskly rubbed with a rough towel. It might easily be done at night before retiring, and would be an effective remedy for insomnia in most cases. remedy for insomnia in most cases.

What Plain Women Should Know.

head, and her shoes should show a number half that of her glove. A "No. 6 hand," for instance, should be accompanied by a No. 3 shoe. Her weight, for the height given, should be from 12 to 140 pounds.

About Finger Nails.

In days when superstition was more prevalent than it is now, the shape and appearance of the finger nails were considered to have reference to one's destiny. To learn the message of the finger nails it was necessary to rub them over with a compound of wax and soot, and then to hold



FASHIONABLE SHAPE FOR AN EMBROIDERED YOKE.

them so that the sunlight fell fully on them. Then on the horny, transparent substance certain signs and characters were supposed to appear, from which the future could be

to appear, from which the future could be interpreted.

Persons, too, having certain kinds of pails were credited with the possession of certain characteristics. Thus a man with red and spotted nails was supposed to have a hot temper, while pale, lead-colored nails were considered to denote a melancholy temperament. Narrow nails were supposed to betray ambition and a quarrelsome nature, while round-shaped nails were the distinguishing marks of lovers of knowledge and people of liberal sentiment. Conceited, narrow-minded and obstinate folk were supposed to have small nails, indolent people fleshy nails and those of gentle, retiring nature broad nails.

The Mother's Prayer. Father, guide them;
Oh. we know not what of harm
May betide them!
'Neath the shadow of thy wing.
Father, hide them;
Waking, sleeping, Lord, we pray,
Go beside them.

When in prayer they cry to thee,
Do thou hear them;
From the stains of sin and shame
Do thou clear them;
Mid the quicksands and the rocks
Do thou steer them;
In temptation, trial, grief,
Be thou near them.

Unto thee we give them up: Unto thee we give them up;
Lord, receive them.
In the world we know must be
Much to grieve them—
Many striving oft, and strong
To deceive them;
Trustful, in thy hands of love
We must leave them.
—William Cullen Byrant.

worn.

The most becoming shades of pale colors, in cut the style best suited to their figure, whether slender or inclined to plumpness, and, best of all, the art of wearing their clothes gracefully, should be studied.

When plain women make a study of this, they will realize that it is indeed a true saying that women can make themselves beautiful if they understand how to dress well.

the tints of the complexion in the gow

Foot Notes.

Never wear a shoe that pinches the heel. Never wear a shoe or boot tight any-Never come from high heels to low heels Never come from high heels to low heels at one jump.

Never wear a shoe that presses up into the hollow of the foot.

Never wear a shoe that will not allow the great toe to lie in a straight line.

Never wear leather sole linings to stand upon; white cotton drilling or linen is healthier.

Never wear a shoe with a sole narrower than the outline of the foot traced with a pencil close under the rounding edge.

Never wear a shoe with a sole turning up very much at the toes, as this causes the cords on the upper part of the foot to contract.

Never have the top of the boots tight, as

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Never have the top of the boots tight, as it interferes with the action of the calf muscles, makes one walk badly, and spoils the shape of the ankle.

Never think that the feet will grow large from wearing proper shoes; pinching and distorting makes them grow not only large, but unsightly. A proper natural use of all the muscles makes them compact and attractive.



she clasped him in her arms and showered him with kisses, not minding his remenstrances. She held him closely to her, pressing his head under her chin until the back of the baby's neck and the baby's ears were of apoplectic hue. Then she set him on the ground and gave him a ferewell kiss and walked off a few paces, only to return to indulge in a few more bearlike hugs, after which she finally went on her way, adjusting her own dress, but smilling. The youngster wasn't smilling, however. He was crying in a subdued, exhausted fashion, that seemed to hurt his colored mammy almost as much as it did him. "I does wush," that worthy exclaimed, as she wiped the child's hot, perspiring face with her handkerchief, rearranged his curls and smoothed his very much rumpled frock; "I does wush dat yo' mothah didn't love yuh quite so much. Nobody laks tuh be loved so much in hot weathah." And certainly this youngster didn't, for he was still pecvish when he was carried off up Charles street. Necessary Requirements for Good Health and Temper. most satisfactory. "I does with dat yo' inothal didn't love ying tile so much. Nobody laks tuh be loved air, goed food, sultable. Nobody laks tuh be loved air, goed food, sultable. Nobody laks tuh be loved air, goed food, sultable. Nobody lakes tuh be loved air, goed food, sultable. Nobody lakes tuh be loved and exercise and rest. The first two requirements affect the blood, and as the blood circulates all over the body, including the brain, every part is a facted. Fresh freehest air is out of doors, and it is the good health to spend a certain amount of time in the open air. Good food is not necessarily and the spending of the property of the possible to take too much exercise, and this safe of the question mount of time in the open air. Good food is not necessarily as the possible to take too much exercise, and this safe of the question mount of time in the open air. Good food is not necessarily as the open air. Good food is not necessarily as the possible to take too much exercise, and this safe of the question mount of time in the open air. Good food is not necessarily as the possible to take too much exercise, and this safe of the question mount of time in the open air. Good food is not necessarily as the possible to take too much exercise, and this safe of the question mount of time in the open air. Good food is not necessarily as the possible to take too much exercise, and this safe of the question mount of time in the open air. Good food is not necessarily as the open and the spending of the possible to take too much exercise, and this safe of the question mount of the unwritten laws the food nor will, with a few rugs, and the spending of the question mount of time in the open air. Good food is not necessarily as the case of the time and the case of the time and the case of the possible to take to much exercise. I dide is much head of the question in the sealty seem by experiments placed therein, this, it is the one of the unwritten law should fee unwritten and the mount of the unwritten law should fee unward for a new a The requirements of health can be counted If bureau drawers have no knot-hole